

# 100% CONTROL TEACHERS' NOTES

## BACKGROUND

100% Control is an alcohol education program targeting 12 to 17-year-olds. It aims to raise awareness of the harm associated with excessive alcohol-use among this age group.

A series of 100% Control fact sheets have been developed to provide information about alcohol to students. In 2001 the fact sheets were reviewed following consultation with teachers and students. Seven fact sheets were updated, and a small wallet card version containing key information from the fact sheets was developed to encourage students to personally utilise the information from the resources.

The fact sheets cover the following topics:

- History of alcohol (HP 5981)
- Facts about alcohol (HP 5980)
- Separating the facts and myths (HP 5978)
- What is a standard drink (HP 5979)
- Effects of alcohol on the body (HP 5975)
- Alcohol and the law (HP 5974)
- Regrettable behaviours (HP 5977).

## LINKS TO THE WA SCHOOL CURRICULUM FRAMEWORK LEARNING OUTCOMES

To assist in implementing the fact sheets into your classroom and promote alcohol education, the fact sheets have been linked to the alcohol activities from the curriculum support materials, Drug Education K - 12 Teacher Support Package (1999) produced by the School Drug Education Project.

As the 100% Control message is targeted at 12 to 17-year-olds, the fact sheets have only been linked to activities appropriate for those in year 7 to year 12.

The following tables relate to three phases of development described in the Curriculum Council's Curriculum Framework, which is reflected in the Drug Education Teacher Support Package:

- Phase 2. Middle childhood
- Phase 3. Early adolescence
- Phase 4. Late adolescence/early adulthood.

Each phase table outlines:

- relevant alcohol education activities from the curriculum support materials
- the student year level that the activities are suited to
- the 100% Control fact sheets that relate to the activities
- links between the fact sheets and the objectives and outcomes of the activities.

Naturally these are only suggested links. The 100% Control fact sheets can be used in your classroom as the opportunity arises - either for lesson-based activities or for students' personal use.

## FURTHER INFORMATION

For further information on the subject of alcohol you can contact:

The Alcohol and Drug Information Service (ADIS)  
Metro (08) 9442 5000  
Country, toll free 1800 198 024.

To order written resources you can contact:  
Health Info 1300 135 030.





- 1. Introduction
- 2. Alcohol & the law
- 3. Effects of alcohol on the body
- 4. Regrettable behaviours
- 5. Facts about alcohol
- 6. What is a standard drink?
- 7. Alcohol and the law
- 8. Regrettable behaviours
- 9. What is a standard drink?
- 10. Facts about alcohol

**PHASE TWO: DRUG EDUCATION FOR MIDDLE CHILDHOOD**

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
Activity 23 Liquor laws  Year 7  Page 102	Alcohol & the law (HP 5974)	<ul style="list-style-type: none"> <li>• Students are able to research alcohol laws using this fact sheet.</li> <li>• Students are then able to assess how the laws impact on themselves and their families.</li> </ul>
Activity 24 Alcohol effects  Year 7  Page 107	Effects of alcohol on the body (HP 5975)  Regrettable behaviours (HP 5977)  Facts about alcohol (HP 5980)  What is standard drink? (HP 5979)	<p>Students can investigate the effects of alcohol and identify the consequences of decisions about alcohol use using the following information:</p> <ul style="list-style-type: none"> <li>• Long and short-term effects of alcohol on individuals.</li> <li>• Regrettable behaviours and harms caused by the short/long-term physiological effects of alcohol.</li> <li>• Links between over consumption of alcohol and alcohol-related problems such as injury, sickness, crime and social problems.</li> <li>• Low risk drinking levels for adults to avoid health risks.</li> <li>• Blood Alcohol Concentration (BAC) and factors influencing BAC, including a guide to keep under the 0.05% BAC driving limits.</li> </ul>
Activity 25 Ask the alcohol experts  Year 7  Page 112	Effects of alcohol (HP 5975)  Alcohol and the law (HP 5974)  Regrettable behaviours (HP 5977)  What is a standard drink? (HP5979)  Facts about alcohol (HP 5980)	<p>The fact sheets will assist students to assess a range of influences on the decision to drink alcohol and formulate questions on alcohol use by providing information on:</p> <ul style="list-style-type: none"> <li>• The negative effects and consequences of drinking alcohol.</li> <li>• Alcohol laws.</li> <li>• Consequences of over consumption of alcohol and alcohol-related harms.</li> <li>• Factors that influence levels of intoxication.</li> <li>• Why alcohol is a drug and how it impacts on the body.</li> </ul>

## PHASE THREE: DRUG EDUCATION FOR EARLY ADOLESCENCE

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
<p>Activity 8 Who's a full bottle? Year 8 Page 38</p>	<p>Alcohol – separating the facts from the myths (HP 5978)</p> <p>Regrettable behaviours (HP 5977)</p> <p>Facts about alcohol (HP 5980)</p>	<p>The fact sheets can assist students to evaluate factors influencing alcohol-related harm, identify myths about alcohol use and inform their answers to questions in the activity. The fact sheets provide information about:</p> <ul style="list-style-type: none"> <li>• Basic facts and common myths surrounding alcohol.</li> <li>• Factors influencing alcohol-related harm and strategies to avoid alcohol use and to reduce harm.</li> <li>• The social acceptability of alcohol in Australian culture and alcohol-related problems related to excessive consumption.</li> </ul>
<p>Activity 9 Who's At Risk? Year 8 Page 42</p>	<p>Effects of alcohol on the body (HP 5975)</p> <p>Regrettable behaviours (HP 5977)</p> <p>What is a standard drink? (HP 5979)</p> <p>Separating the facts from the myths (HP 5978)</p>	<p>The fact sheets can assist students to identify the effects and possible problems associated with alcohol use and identify ways to reduce alcohol-related harm. The fact sheets provide specific information on:</p> <ul style="list-style-type: none"> <li>• Short/long term effects of alcohol (both behavioural and physiological).</li> <li>• Ways to avoid alcohol-related harm.</li> <li>• Monitoring drinking through knowledge of standard drinks and Blood Alcohol Concentration (BAC).</li> <li>• Myths and facts about alcohol.</li> </ul>
<p>Activity 10 Be your own person Year 8</p>	<p>Facts about alcohol (HP 5980)</p> <p>Regrettable behaviours (HP 5977)</p> <p>Separating the facts from the myths (HP 5978)</p>	<ul style="list-style-type: none"> <li>• Identifies links between cultural norms about alcohol and the level of harm associated with alcohol use in Australia.</li> <li>• Students can link strategies to avoid alcohol-related harms to the activity scenarios.</li> <li>• Myths regarding alcohol consumption are identified to promote informed decision making processes.</li> </ul>

## PHASE THREE: CONTINUED

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
<p>Activity 11 Long arm of the law Year 8 Page 51</p>	<p>Alcohol and the law (HP 5974)  Facts about alcohol (HP 5980)</p>	<p>The fact sheets will assist students to assess and form opinions about laws relating to alcohol, why they exist and the consequences of breaking those laws. Specific information relating to the activity questions includes:</p> <ul style="list-style-type: none"> <li>• The Liquor Licensing Act 1988 (e.g. legal age for purchasing alcohol) and drink driving laws.</li> <li>• The possible harms that alcohol laws are trying to prevent or reduce.</li> </ul>
<p>Activity 23 Making the hard decisions Year 9 Page 87</p>	<p>History of alcohol (HP 5981)  Regrettable behaviours (HP 5977)  Alcohol and the law (HP 5974)  Facts about alcohol (HP 5980)  Effects of alcohol on the body (HP 5975)</p>	<p>The fact sheets will assist students to investigate and evaluate the contribution of cultural norms to alcohol-related harm and identify harm reduction strategies for alcohol use by providing information on:</p> <ul style="list-style-type: none"> <li>• How alcohol has been historically used in society for celebrations and religious purposes through the ages.</li> <li>• The consequences of drinking too much alcohol and strategies to avoid alcohol-related harm.</li> <li>• Consequences of breaking alcohol-related laws.</li> <li>• The impact of alcohol on society (e.g. injury, hospitalisations, crime and social problems).</li> <li>• The effects of alcohol on the body.</li> </ul>
<p>Activity 24 One too many? Year 9 Page 91</p>	<p>Regrettable behaviours (HP 5977)  Effects of alcohol on the body (HP 5975)  Facts about alcohol (HP 5980)  What is a standard drink? (HP 5979)</p>	<p>The fact sheets will assist students to discuss and evaluate the consequences of alcohol use and analyse the process and outcomes of decisions to drink. Specific information relating to the activity discussion points is provided on:</p> <ul style="list-style-type: none"> <li>• Behaviours that result from alcohol use.</li> <li>• How alcohol affects the body.</li> <li>• Alcohol as a drug.</li> <li>• Standard drinks and how to monitor drinking to avoid alcohol-related harms caused by drinking to intoxication.</li> </ul>



[Alcohol and health](#)  
[Alcohol and the law](#)  
[Alcohol and pregnancy](#)  
[Alcohol and driving](#)  
[Alcohol and mental health](#)  
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[Alcohol and the arts](#)  
[Alcohol and the sciences](#)  
[Alcohol and the history](#)  
[Alcohol and the future](#)

## PHASE THREE: CONTINUED

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
Activity 25 Set the standard Year 9 Page 95	What is a standard drink? (HP 5979)	The fact sheet will help students to calculate the standard drinks in alcoholic drinks and understand the difference between drinking guidelines for good health versus drink driving guidelines. Specific information is provided on: <ul style="list-style-type: none"> <li>• What a standard drink is for various alcoholic beverages (pictures included).</li> <li>• The recommended low risk drinking levels for adults and young people.</li> </ul>
Activity 26 Going around in circles Year 9 Page 99	Separating the facts from the myths (HP 5978) Facts about alcohol (HP 5980) Regrettable behaviours (HP 5977)	Students can use the information from these sheets to identify specific drug, environmental and user factors that influence the impact of alcohol on an individual, and to identify strategies to avoid alcohol use/reduce alcohol-related harm. Information is provided on: <ul style="list-style-type: none"> <li>• Common myths about alcohol.</li> <li>• Alcohol as a psychoactive drug.</li> <li>• The consequences that individuals may experience when drinking and strategies for reducing alcohol-related harm.</li> </ul>
Activity 37 Caught in the triangle Year 10 Page 135	History of alcohol (HP 5981) Facts about alcohol (HP 5980) Regrettable behaviours (HP 5977)	The fact sheets will assist students to evaluate factors related to alcohol use that lead to a higher risk of harm by providing information on: <ul style="list-style-type: none"> <li>• History of alcohol use in society.</li> <li>• Alcohol as a drug and its effects on the body.</li> <li>• Ways to reduce alcohol-related harm.</li> </ul>
Activity 38 Trigger to terminate trouble Year 10 Page 139	Regrettable behaviours (HP 5977) Facts about alcohol (HP 5980)	The fact sheets will promote discussion and assist students to identify types of alcohol-related harm that can occur from single episodes of drinking and strategies to reduce the risk of alcohol-related harm for themselves and others.

### PHASE THREE: CONTINUED

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
Activity 40 Quiz time Year 10 Page 145	What is a standard drink? (HP 5979)  Regrettable behaviours (HP 5977)  Separating the facts from the myths (HP 5978)  Facts about alcohol (HP 5980)  Alcohol and the law (HP 5874)  Effects of alcohol on the body (HP 5975)	The fact sheets relate to Quiz time content categories about:  1. Alcohol as a drug 2. Alcohol and the law 3. The effects of alcohol 4. Standard drinks.
Activity 42 Harm's out of the way Year 10 Page 153	Regrettable behaviours (HP 5977)  Alcohol and the law (HP 5974)  Effects of alcohol (HP 5975)  Facts about alcohol (HP 5980)	Students can use the fact sheet information regarding legal, health and social harms caused through alcohol use to form a campaign advocating strategies to avoid alcohol use and reduce alcohol-related problems.

### PHASE FOUR: DRUG EDUCATION FOR LATE ADOLESCENCE/EARLY ADULTHOOD

ACTIVITY	RELEVANT FACT SHEET(S)	LINKS BETWEEN FACT SHEET AND ACTIVITY
Activity 11 Actions to avoid alcohol-related road trauma Year 11/12 Page 57	What is a standard drink (HP 5979)  Alcohol and the law (HP 5974)	The fact sheets will assist students to analyse and evaluate factors that effect individuals in regards to alcohol and driving by providing information on:  • Monitoring of Blood Alcohol Concentration and a guide to staying within the 0.05% BAC level. • Drink driving laws and random breath testing.
Activity 12 Actions to avoid alcohol-related road trauma (community action plan) Year 11/12 Page 61	Alcohol and the law (HP 5974)  Facts about alcohol (HP 5980)	The fact sheets inform students' action plans with information on:  • Drink driving laws, liquor licensing laws and the community's right to complain about alcohol-related harm coming from licensed premises. • Alcohol-related road crash statistics.